

		Central New York Poison Center
1-800-222-1222		

Poison Prevention

Newsletter

March 2002

 SUNY Upstate Medical University
University Hospital • 750 East Adams Street • Syracuse, NY 13210

Did You Know?

Acetaminophen, the active ingredient in Tylenol and many cold products, can be extremely harmful if not taken as directed.

Acetaminophen, when taken in excess, either all at once or over a period of time, can cause liver damage.

Carefully check the label directions for the precautions and dosage for any product containing acetaminophen, especially with children.

Always check to make sure the amount of acetaminophen you give, or take, is the appropriate amount based on weight and just on age. If you are at all unsure about a dosage, always call your doctor or pharmacist for information first.

As with all medications, always store products containing acetaminophen out of reach of children. Be sure to use products with safety tops and that the top is on securely after using.

Help is here!

On January 30th the new national Helpline number was officially launched. You can now dial one number from anywhere in the country to reach the poison center assigned to that calling area. Having one number makes it easy to call a Poison Center anytime, anywhere.

Previously published local and toll-free numbers will still be active and will continue to ring into poison centers along with the new national Helpline number. The goal is to have the 1-800-222-1222 number for poisonings as familiar to the public as 911 is for other emergency calls.

Visit the website, www.1-800-222-1222.info to hear the new jingle featuring the number. You will find the lyrics and the sheet music as well. Now, not only can you learn the new number for poisoning, you can sing it too!

Poisonings are Preventable

Every year, over four million people are unintentionally poisoned. Children are at the greatest risk for poisoning. Although, the number of poisoning deaths has decreased in recent years the risk still exists. The good news is Poisonings are Preventable! You don't have to be an educator to make a difference. An effective way to prevent poisoning is to model good poison prevention habits. Get your whole family involved in poisoning proof your home.

Make it a game to "Investigate and Separate". Conduct a room by room search and move potential poisons up high so that they are safely stored away and out of the reach of young children.

HINT: For a list of what items to look for visit our website and download the "Poison Prevention Checklist".

		Central New York Poison Center
1-800-222-1222		

Poison emergency?
Poison information?
Call Us!
Visit us on the web:
www.cnypoison.org

Lee Livermore has joined the Central New York Poison Center as our new Health Educator.

He is filling the position left vacant by Heidi Kuhl. Lee has an extensive background in Training, Education and Organizational Development and he looks forward to continuing the strong commitment of the Poison Center to disseminate poison prevention information throughout the Central New York area.

One of Lee's goals is to strengthen the relationship

between the center and all of the organizations that assist with poison prevention outreach.

We are hoping to capture more feedback on outreach efforts and acknowledge those individuals whom are interfacing with their clientele and promoting poison prevention.

If you have any questions or would like to learn more about our services, programs, or educational resources, please feel free to contact Lee at 315-464-5375 or e-mail him at livermol@upstate.edu.

"Implementing programs that educate the public requires people and agencies working together to best utilize available resources."

Medicines not to give your child

Alcohol-based medicines can make children nauseous, confused or sluggish. If taken intensively for extended period, they can even lead to heart and respiratory problems. The trap: Alcohol is an unlabeled ingredient in many liquid antihistamines, cough syrups and anticolic medicines. Suggestion: Ask your pediatrician to prescribe a nonalcoholic-based alternative.

Medicines and Winter

The weather affects both the body and the mind. Winter, the most extreme season of all, elicits the most extreme effects. Be aware that medicine potency can be affected by light and temperature changes. Ask your physician or pharmacist for the best time to take and store medicine.



It is a Matter of Timing

How many times have you heard that "I only turned my back for a moment", when an accident happened? As our lives get busier and more hectic, the opportunity for unintentional poisonings increases.

Most poisonings happen in the morning or during dinnertime when parents and caregivers are occupied with other tasks. Take time to poisonproof your home to avoid poisonings before they happen.

The Poison Center suggests:

- Keep poisons out the reach of children - especially medicine.
- Keep healthy snacks available for children to eat between meals.

WWW.

- Does your organization have a website?
- Does your organization work with children, parents, school nurses, teachers, senior citizens, health issues,
...OR...
- Are you a healthcare professional working in the treatment of the poisoned patient?

If yes, may we suggest you **LINK our site to yours!** Let's work together to promote wellness!

Visit us on the web at www.cnypoison.org

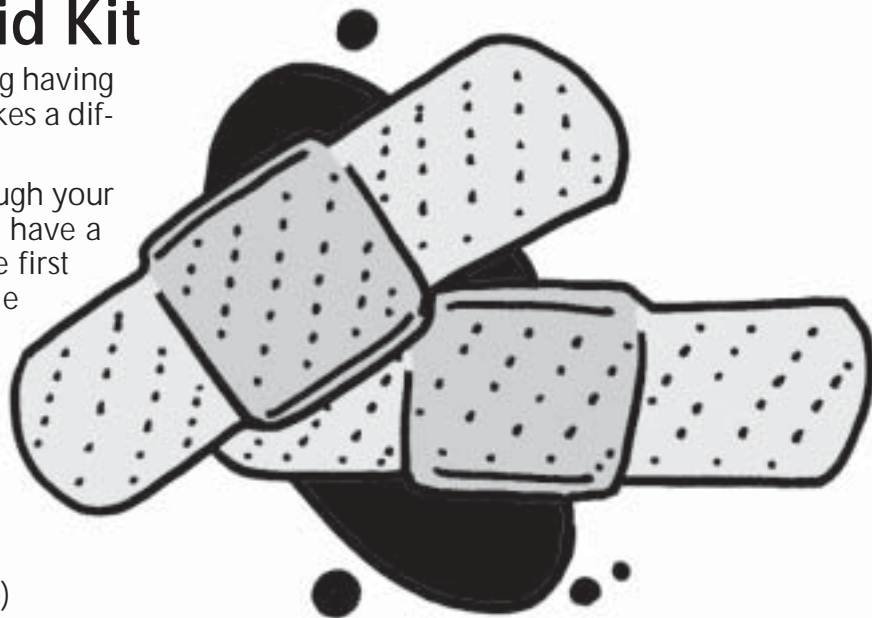
Anatomy of a First Aid Kit

In the event of an unintentional poisoning having the proper items on hand for treatment makes a difference.

When was the last time you looked through your home first aid kit? Most homes don't even have a complete kit available. Here is a list of the first aid items that are recommended by the American Red Cross.

How many do you have in your cabinet?

- Activated Charcoal
- Antiseptic Ointment
- Syrup of Ipecac
- Triangular Bandage (more than one)
- Blanket
- Scissors and Tweezers
- Small Flashlight and Extra Batteries
- Hand Cleaner (waterless antibacterial)
- Band-Aids (assorted sizes)
- Disposable Gloves (non-latex)
- Plastic Bags
- Cold Pack
- Adhesive Tape
- Gauze Pads and Roller Pads (assorted sizes, wrapped, sterile)
- Medical Cloth Tape
- Antibiotics for known family allergies
- Rescue mask or barrier
- List of important family numbers
- Emergency contacts
- Doctors
- Allergies
- Matches and a candle in a water proof case
- Tylenol or non-aspirin
- Bottle of sterile water (to flush burns and wounds)
- Mending kit (needle and thread)
- Ace bandages (2 or 3)
- First aid booklet - quick reference guide with #'s for 911 and poison control
- Eye wash
- Large sterile pads (for bruises and large cuts)



To learn more, visit the Red Cross web site at www.redcross.org/

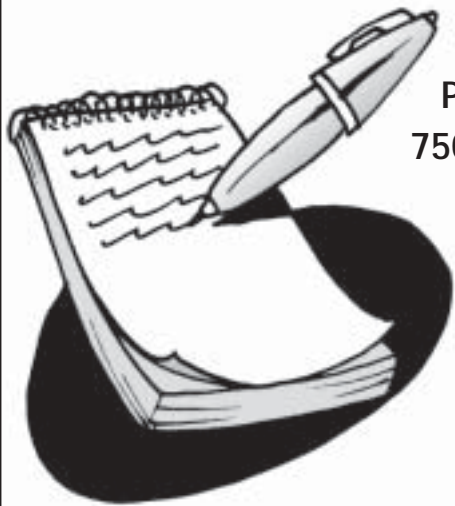
Visit Us on the Web

You can now visit us on the web. The Central New York Poison Center web-site is a wealth of information. **Get the facts** on poison tips, education, and more. We offer educational opportunities with Train-the-trainer programs designed for teachers, healthcare professionals and childcare providers. Much of our educational material is in "pdf" format for easy downloading and reproducing. You can catch up on back issues of our newsletter "Poison Prevention", too!

By setting up a link to our website you can keep the information at your fingertips!

Take our site survey and let us know what you think. Your feedback and suggestions for improvement are encouraged.

*Suggested topics for our
newsletter can be submitted to:*



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Poison Control
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13210

Calling Area for the Central New York Poison Center



A Service of the State University of New York
Upstate Medical University at
University Hospital, Syracuse.
A Member of the American Association of
Poison Control Centers